

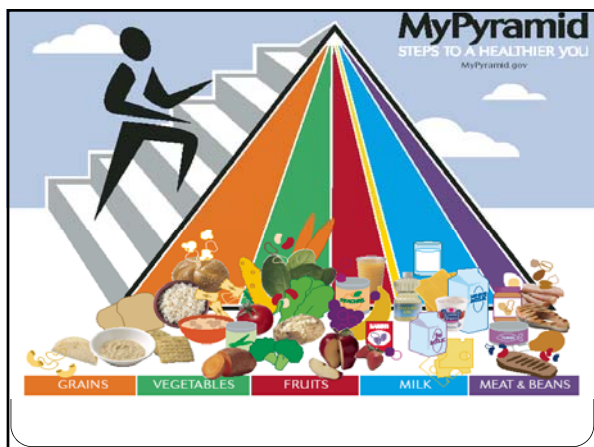
**Add Color To Your Plate
&
Move More**

**Increasing Fruits and
Vegetables in your
Diet**

Living Well

Objectives:


- Increase the number of colorful fruits and vegetables consumed daily
- Identify three health benefits of eating fruits and vegetables
- Increase physical activity by adding at least one new activity
- Identify three health benefits of walking and other forms of physical activity



Living Well

**What is a Serving of
Fruit & Vegetables?**

- One medium-size piece of fruit
- 1/4 cup dried fruit
- 1 cup (8 oz) of 100% fruit or vegetable juice
- 1 cup of raw vegetables
- 1/2 cup cooked or canned vegetables or fruit
- 2 cups of raw leafy vegetables
- 1/2 cup cooked dry peas or beans






Living Well

**Health Benefits of Fruits and
Vegetables**

- **Phytochemicals:** Natural plant compounds that give produce its bright color and may provide a variety of health benefits
- **Antioxidants:** Phytochemicals that protect the body by:
 - Neutralizing free radicals to prevent cell damage which can lead to heart disease and cancer




Living Well

Phytochemicals

- Allicin
- Carotenoids
- Flavonoids
- Lignans
- Lutein
- Lycopene
- Anthocyanins
- Phenols and cyclic compounds
- Isothiocyanates and Indoles
- Resveratrol
- Sulforaphane
- Zeaxanthin
- Ellagic acid



Phytochemicals may:

- Serve as antioxidants
- Enhance immune response
- Alter estrogen metabolism
- Cause cancer cells to die (apoptosis)
- Repair DNA damage caused by toxic compounds
- Detoxify carcinogens



Red Group



- Red foods are a great source of phytochemicals like lycopene, ellagic acid and condensed tannins
- Red in your diet will help maintain a healthy heart, memory function, urinary tract health, lower risk of some cancers

Red Group

Lycopene is found in:

- Tomato juice
- Vegetable juice
- Canned tomatoes
- Tomato paste and sauce

Red Group

Cranberries




Health Benefits:

- Promotes urinary tract health
- Used as part of treatment for urinary tract infections

Blue/Purple Group



- Blue foods are a great source of anthocyanins, antioxidants and phenolics
- Anthocyanin means “**Blue Flower**”
- Blue fruits and vegetables in your diet will help maintain healthy aging, memory, urinary tract health, lower risk of some cancers





Blue/Purple Group

Found in:


- Blueberries
- Blackberries
- Plums
- Purple cabbage
- Purple Onion
- Eggplant
- Purple peppers
- Purple Endive


Blue/Purple Group
Grapes




- Contain a compound found in the skin of grapes called resveratrol
- Purple grapes inhibit platelets from clumping
- Appears to prevent the formation of plaques inside the arteries
- Present in purple grape juice and red wine



Blue/Purple Group
Blueberries



- May prevent urinary tract infections
- May have anti-cancer properties
- May protect against heart disease
- May have anti-aging effects




Yellow/Orange Group



- Orange foods are a great source of carotenoids
- Orange in your diet will help maintain a healthy heart, night vision health, healthy immune system, lower risk of cancer
- Antioxidants in orange fruits and vegetables help prevent cataracts and protect the body from other types of damage from free radicals




Yellow/Orange Group




Found in:


- Carrots
- Sweet Potatoes
- Winter Squash
- Pumpkin
- Yellow Peppers
- Mangoes
- Apricots
- Cantaloupe
- Oranges
- Peaches




Green Group



- Green foods are a great source of lutein and zeaxanthin
- Green in your diet will help prevent macular degeneration and cataracts and lowers the risk of some cancers




Green Group



Found in:

- Kiwi
- Green grapes
- Honeydew
- Limes
- Spinach
- Green pepper
- Broccoli
- Romaine lettuce




Green Group Cruciferous Family




- Indole compounds protect cells from damage by cancer cells
- Sulforaphane properties increases the body's production of cancer-destroying enzymes




White Group



- White foods are a great source of allicin and indoles
- White fruit and vegetables in your diet can help maintain heart health and lower risk of some cancers




White Group




Found in:

- Onions
- Garlic
- Cauliflower
- Apples
- Plantains
- Shallots




Top Ten Fruit & Vegetables



FRUITS	VEGETABLES
• Strawberries	• Tomatoes
• Raspberries	• Red Bell Peppers
• Oranges	• Carrots
• Mangoes	• Sweet Potatoes
• Grapefruit	• Winter Squash
• Kiwi	• Kale
• Avocado	• Broccoli
• Blueberries	• Spinach
• Concord grapes	• Purple Cabbage
• Dried Plums	• Eggplant


Source: Color Code; Joseph, Nadeau

Build a Healthy Lifestyle




Choose the colors of health:

- A great way to reduce the risk of cancer, heart disease, stroke and other illnesses
- A tasty, low-fat, low-sodium snack
- High in vitamins, nutrients, minerals and fiber
- Fun foods that kids can eat
- Easy and quick to prepare and eat on the road or right at home



Creative Ways to Add Fruits & Vegetables:



- Eat fruits and veggies as snacks on the go
- Add dried fruits like raisins or apricots to trail mix, cereal or desserts
- Add vegetables like red beets, peas, broccoli, cauliflower & peppers to salads
- Add fruits like mandarin oranges, pears, blueberries & grapes to salads
- Garnish meals with fruit (i.e. apple pork chops)
- Try making a fruit smoothie
- Drink 100% fruit juice, or add some seltzer for a twist (i.e. orange, grape or cranberry)